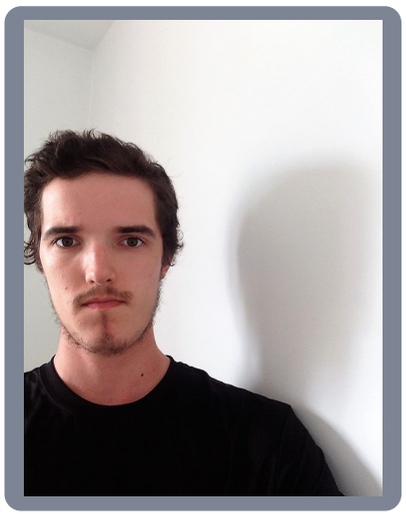
A calm mind is the meaning of life.
But, the process which leads to that conclusion requires much deliberation. This book covers the implications of that conclusion, how it was reached and how it affects every aspect of our lives, from what we eat, all the way to what we do with our time on Earth as well as a system by which to find the truth in any given matter.



I, Luke Furgason, think that the world is in crisis; depression and ecological butchery are on the rise, and that the solution to these issues is contained within philosophy. Which, I explore in this book.

Serenity of Simplicity

Ideas on Liberty and Reason

Luke Furgason